

SUMMARY OF THE HABILITATION THESIS

The habilitation thesis presents in a logical order the elements that substantiate the proposed action and starts from a concrete situation, with real facts, reflected during the professional, academic and scientific career, from which the research directions targeted by personal achievements emerge.

The effects of these actions are quantified both qualitatively and quantitatively by the way they are found in the components underlying the evaluation of the activity and finally the future action plan is created to develop professional, academic and scientific careers.

THE FIRST SECTION OF THE HABILITATION THESIS includes professional, academic and scientific achievements; disciplinary and interdisciplinary research directions; visibility and impact of professional-scientific activity. It is structured in three chapters, each with its own subchapters.

PROFESSIONAL, ACADEMIC AND SCIENTIFIC CAREER

I started my professional activity in 1999 as a university junior teacher at the University of Oradea, Faculty of Physical Education and Sports and since 2016 I am an associate professor. The basis of professional training was achieved through courses and diplomas of bachelor, master, doctorate obtained in the fields of Physical Education and Sports and Economic Sciences. I have taught courses, seminars, practical papers and conducted practical applications and internships in both Romanian and English programs as well as other activities with a direct impact on the faculty and department: chairman or member of various committees; responsible for drawing up the institutional report or member of the commission for drawing up the institutional report. Over time, we have supported students in doing internships, volunteering, and organizing competitions and sporting events. We also facilitated the participation of students and teachers in programs and projects initiated with prestigious institutions abroad, with which we formed the I3PE network.

Since 2012, I am the Vice-Dean of the Faculty of Geography, Tourism and Sports, I was part of the Council of the Faculty of Geography, Tourism and Sports but also of the Department of Physical Education, Sports and Physiotherapy. I have been acted and I am acting as chairman or member of various committees. Between June 2010 and October 2014, I held the position of Chief Faculty Administrator.

The research activity has resulted in more than 40 scientific papers published in various journals, of which 9 (nine) are indexed by ISI - Web of Science. I am the author of 4 (four) books in A2 or B publishing houses and a chapter in a collective volume. Since 2016 I have been the Editor-in-Chief of the Annals of the University of Oradea, Fascicle Physical Education and Sports and since 2014 I have been the Associate Editor of the Editorial Board of the scientific journal "Geosport for Society". I have reviewed a number of articles in various scientific journals. I have participated in national and international scientific conferences, in Romania but also abroad, and I was also a member of the Scientific Committee in some of them. I am also member of the Research Center for Human Performance at the University of Oradea.

I was invited and participated as Keynote Speaker and over time I was cited in: more than 50 ISI - Web of Science research articles; more than 20 Scopus indexed papers and over 150 Google Scholar indexed citations.

The activity also includes participation in several national or international research or institutional development projects, in two of them being partner's Director / Coordinator and in the others, a member of the project team.

DISCIPLINARY AND INTERDISCIPLINARY SCIENTIFIC RESEARCH DIRECTIONS

The results of my researches were aimed at highlighting, in few works and books, some aspects of the scientific approach to management applied in physical education and sports, especially by systematizing and distinguishing means adapted to organizational and individual particularities, which allow growth the level of involvement in the activity with a direct effect in optimizing both administrative and sports performance. At the same time, whether we are referring to sports performance or talking about recreational and movement activities, we must consider a successful management, orientated also to the development of sports infrastructure, and the effects of physical activity must lead to improved health. Obviously, we cannot talk

about physical education and sports without considering the effects and impact they have on society. This phenomenon - sport and physical activity - can generate social and economic movements that lead to an increase in the quality of life of consumers of sports phenomenon.

Thus, the results of the research activity and the professional achievements carried out from the moment of obtaining the doctor's diploma, goes at three directions.

1. Ways to streamline managerial activity in sports organizations

The efficiency of managerial activity in sports organizations is achieved with and through people, having limited resources, which makes this process quite difficult because without the correct knowledge and understanding of the management concept, its role in sports organizations and physical activities and the effect motivation on involvement in the activity, we cannot talk about increasing work performance.

Researches in this direction has been carried out continuously over a period of more than 15 years, is based on scientific documentation and practical work and is reflected in a number of books, scientific papers and courses published in nationally and internationally recognized publishing houses and journals. The topic is still actual because the field is in a permanent dynamic, it requires constant attention from specialists who must find optimal solutions and necessary adaptations in order to increase the degree of involvement in the activity for optimizing performance both administratively and the sports one.

2. Factors influencing the process of optimizing sports performance

The vast majority of recent research also argues that there is a wide variety of factors conducive to athletic performance that, through judicious use, optimized and tailored to the specifics of the sport, age and training level and other specific conditions, facilitate the achievement of sports valuable results.

The research carried out in this context involved a thorough documentation doubled by the application of knowledge in practical activity, resulting in a series of works indexed WOS with impact factor and others indexed in IDB. These researches followed disciplinary and interdisciplinary directions, according to current development trends in the field in order to increase the level of sports performance such as: the relationship between training effort and biochemical changes in the blood, sports infrastructure and environmental factors, vitamin D intake in intense effort, motivation in performance sports, etc.

3. Physical activity in the context of the impact on health and society

The link between physical activity, health and society has been known since ancient times. The practice of physical exercises was present in the social life of all the socio-economic arrangements that human society has known. Ignoring the broader or narrower character it had in certain stages of society, it was anchored in man's desire to improve himself physically, as an essential condition of health and preparation for the demands of life.

My research in this direction is based, in addition to the interest shown for this purpose, by the theoretical and practical knowledge about the role that physical activity has in improving health but also the social impact generated by the sport phenomenon. They exist as distinct domains, but the close connection between their components is obvious because health status is reflected on the social side, social activities influence health status and physical activity can be in their belt because it can directly influence them.

VISIBILITY AND IMPACT OF PROFESSIONAL-SCIENTIFIC ACTIVITY

The basis for capitalizing on the results of the professional-scientific activity were, from one side, the experience and specialized knowledge acquired over time and, from the other side, the orientation and diversity of the activity, reflected in scientific articles published ISI - Web of Science with or without impact factor, articles indexed in various IDBs recognized in the sports field, published books in national or foreign publishing houses, participation in national and international conferences held in the country or abroad with specialized papers or as a member of the Scientific Committee and national and international projects, research or institutional development.

The research results benefited from the professional recognition of specialists, being cited or indicated as bibliographic sources in specialized books and in ISI or IDB articles, gathering: over 50 citations in ISI - Web of Science indexed papers; more than 25 citations in Scopus indexed papers and over 150 citations indexed in Google Scholar.

The valorization of the research results and the professional-scientific recognition was also achieved by organizing, participating with papers or being a member of the Scientific Committee at national and international conferences in the country and abroad. I have participated in national or international research or development projects. I also work as an

editor-in-chief, associate editor or member of the Editorial and Scientific Committee of journals. I have reviewed papers submitted for publication in journals.

In 2014, I won the **Romanian Academy Award** as a co-author in the chapter *Sport, infrastructure and sport activities tourist resources / Sport, infrastructure and sports activities as tourist resources from the book Crişana-Maramureş. Geographical atlas of the tourist heritage*, published by the University of Oradea Publishing House.

THE SECOND SECTION OF THE HABILITATION THESIS concerns the **plan for the evolution and development of the professional, academic and scientific career** and is structured in three subchapters.

1. Professional career development - is oriented, among others, on: participation in specialized courses, lectures, diversification of collaborations, involvement in projects, involvement in the administrative activities of the faculty and department, volunteer actions, initiation and involvement in setting up a doctoral schools in the field of Sports Science and Physical Education at the University of Oradea, the organization of scientific events and last but not least getting the position of a university professor that crowns all professional, academic and research activity.

2. Academic career development - aims at: participating in Erasmus programs, developing courses, course materials, practical workbooks, obtaining teaching contracts abroad, developing collegiate working relationships, initiating and coordinating study programs, improving the ability to adapt teaching, better correlate theory and practice, or encourage students to express their opinions in class or practice.

3. The development of the scientific career will focus mainly on: increasing the scientific visibility, producing specialized books, research projects with wide public relevance, diversifying the research directions, increasing the number and quality of scientific publications, attracting national and international personalities in the research activity, participation in conferences, symposia, workshops.

THE THIRD SECTION OF THE HABILITATION THESIS contains a selection of 182 bibliographic references used in the elaboration of this work.